

# **NOTTINGHAMSHIRE ASA**

## **COMBINED COUNTY CHAMPIONSHIPS & AGE GROUPS 2011**

The qualifying times for 2010 have been reviewed in conjunction with Jamie Main the County Development Coach. Jamie is also chair of the Notts Coaches Forum.

The swimming committee have agreed to proposals to allow the younger ages to swim the distance events i.e. 400m/800m & 1500m. These additional events are intended for the better swimmers and are an opportunity to swim, consequently the qualifying times are tough. The events now included are shown below:-

9ys Boys and Girls 400m  
10yr Boys and Girls 800m  
11yr Boys 800m  
11yr Boys 1500m

Note: these combinations of age and event are not eligible to score 'BAGCAT' points and will not be scored as part of the award system.

Considerable time has been spent reviewing and adjusting the qualifying times and introducing new times for the additional swims. Where the minimum age for the event has been lowered by one year, or as in the case of the boys 800m 2yrs, the qualifying time has been set to be the same as the age above. Therefore there is no relationship between the qualifying times for these distance swims and the shorter distances for the same age. For most events there has been only a marginal adjustment made as below:-

### **Adjustments based on the 2010 times:**

50m Times - 0.2 secs  
100m Time - 0.3 secs  
200m & 100 I.M./200 I.M Times - 0.5 secs

400m/800m/1500m & 400 IM have been adjusted based on this year's results. In 2010 all swimmers in the 800m and 1500m swam well inside the published qualifying times.

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## COMBINED COUNTY CHAMPIONSHIPS & AGE GROUPS 2011

BOYS	9YRS	10 YRS	11YRS	12 YRS	13YRS	14 YRS	15YRS	16/Over
50 FREE	43.4	41.3	37.2	34.3	31.9	31.5	30.0	30.0
100 FREE				1:15.8	1:10.0	1:05.8	1:03.3	1:03.3
200 FREE	3:40.2	3:10.6	2:55.9	2:44.2	2:34.7	2:26.1	2:16.5	2:16.5
400 FREE	6.31.2	6.31.2	5:33.0	5:20.0	4:55.5	4:40.0	4.30.0	4.30.0
800 FREE		11.10.0	11.10.0	10:25.6	09:56.8	09.28.6	9.15.4	9.15.4
1500 FREE			20:54.0	20:54.0	19:06.0	18:03.4	17:50.7	17:50.7
50 BREAST	57.0	53.4	48.6	44.6	41.7	39.6	37.8	37.8
100 BREAST				1:35.7	1:29.8	1:24.8	1:20.6	1:20.6
200 BREAST	4:27.6	4:03.9	3:41.9	3:28.7	3:14.8	3:03.5	2:55.3	2:55.3
50 FLY	53.1	48.2	44.2	40.5	37.3	34.6	32.21	32.21
100 FLY				1:24.9	1:18.7	1:10.2	1:09.8	1:09.8
200 FLY	4.20.9	3:50.7	3:29.5	3:16.9	3:03.5	2:51.6	2:41.3	2:41.3
50 BACK	50.54	45.98	43.1	40.6	37.7	35.1	34.1	34.1
100 BACK				1:23.7	1:19.4	1:14.7	1:11.0	1:11.0
200 BACK	3:47.8	3:26.2	3:12.8	3:02.1	2:50.6	2:37.4	2:33.8	2:33.8
100 IM	1:49.6	1:42.8	1:33.4	1:28.2	1:22.6	1:15.6	1:13.2	1:13.2
200 IM	3:58.0	3:31.7	3:13.6	3:02.3	2:48.3	2:40.7	2:32.7	2:32.7
400 IM		6:58.7	6:30.7	6:10.0	5:50.2	5:35.5	5:30.6	5:30.6

GIRLS	9YRS	10 YRS	11YRS	12 YRS	13YRS	14 YRS	15YRS	16/Over
50 FREE	45.2	41.8	36.3	34.9	33.1	32.7	32.7	32.7
100 FREE			1:17.8	1:16.3	1:12.5	1:08.6	1:08.6	1:08.6
200 FREE	3.40.3	3:11.7	2.51.2	2:45.5	2:38.3	2:29.7	2:29.7	2:29.7
400 FREE	6.35.7	6.35.7	5:33.0	5:20.0	4:55.0	4.30.0	4.30.0	4.30.0
800 FREE		11.18.0	11:18.0	10:50.8	10.00.8	9.50.8	9.30.2	9.30.2
1500 FREE			21:54.0	20.54.0	19:06.9	18.37.9	18.10.1	18.10.1
50 BREAST	58.1	52.7	47.7	45.1	42.6	40.2	40.2	40.2
100 BREAST			1:42.2	1:37.0	1:31.6	1:26.8	1:26.8	1:26.8
200 BREAST	4:29.5	4:05.3	3:40.6	3:25.4	3:18.7	3:07.4	3:07.4	3:07.4
50 FLY	54.1	46.8	41.9	39.2	37.1	36.3	36.3	36.3
100 FLY			1:35.3	1:27.7	1:22.8	1:19.4	1:19.4	1:19.4
200 FLY	4:23.3	3:52.4	3:38.5	3:15.6	3:05.1	2:57.7	2:53.0	2:53.0
50 BACK	51.5	45.3	41.4	39.2	37.7	36.7	36.7	36.7
100 BACK			1:29.8	1:22.7	1:20.1	1:16.8	1:16.8	1:16.8
200 BACK	4:02.3	3:34.3	3:09.4	3:01.2	2:54.0	2:44.3	2:44.3	2:44.3
100 IM	1:54.4	1:42.1	1:33.0	1:27.7	1:24.4	1:18.8	1:18.8	1:18.8
200 IM	3:54.4	3:28.9	3:14.8	3:05.8	2:58.3	2:49.0	2:49.0	2:49.0
400 IM		6:59.0	6:30.0	6:10.0	5:50.2	5:35.5	5:35.5	5:35.5